



Try These For Better Sleep Tonight:

by Carolyn Silan, PT



Therapeutic
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PHYSICAL THERAPY AND WELLNESS

1. Start introducing regular sleep schedules by going to sleep at the same time every night.
2. Do not look at your screen, any screen, to prevent blue light exposure for at least 1½-2 hours is most often recommended in the research.
3. EAT EARLY! Yup, even if it labels you OLD! I'll admit my own dinner-time, I eat at 3pm most days since that is best for my sleep schedule!
4. Most of us are up early right? When you see that light in the sky that means that the sun is coming up, go out and take some in!
5. Black out all the Blue Light coming from almost everything these days: monitors, power strips, electronic devices like air filters, etc, and ESPECIALLY YOUR TV!! SORRY!!! There is a caveat here, in that if you have spent your life with the TV on, you have probably adapted to the blue light, so continue to go with it!
6. Up and not able to return to sleep? Try 4-7-8 Breathing , 20 times. Or try meditating.



808-289-0601



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